



# ORTHOPEDIC PARTNERS

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## **ORIF Forearm Fracture**

Post-Operative Instructions

### **Pain Control and Ice**

- A pain medication prescription will be provided prior to discharge.
- You may take the prescribed medication as directed.
- You should expect to experience minimal to moderate hand/wrist discomfort for several days and even weeks following the surgery.
- Patients often only need prescription narcotics for a few to several days following the surgery and then can switch to over-the counter medications such as Tylenol, Advil, or Ibuprofen.
- Elevation should be utilized to decrease swelling and pain.

### **Wound Care**

- If there is bleeding through the bandage, reinforce it with additional dressings for the first 48 hours.
- Showering is acceptable after 48 hours. You may NOT get the splint wet. Please cover with a tight plastic wrap that will not allow water to contaminate the surgical area. Tub bathing is also an acceptable alternative
- The splint should be worn at all times

### **Rehabilitation/ General Post-Op Care**

- Your first post-op appointment is 10-14 days following surgery. This is usually scheduled at your pre-operative visit. If not, then please call the office to schedule
- Plan at least 2-3 days away from work or school. Utilize this time to decrease swelling get better pain control. You may be able to resume work once the pain and swelling resolves (this varies based on job activity).

### **Important Notes**

- Peri-incisional numbness should be expected after any skin incision.
- Stiffness is expected in the hand and fingers following any surgery.